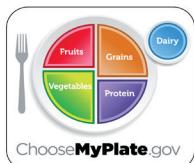


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CELERY WITH APRICOT BLUE CHEESE SPREAD

Crunchy sweet celery is a versatile snack food, just right for this flavorful spread. Filled with dried fruit and nuts, this enticing and quick low-fat spread can be made ahead or on the spot.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 2 tbsp crumbled blue cheese
- 3 tbsp fat-free cream cheese
- ½ cup fat-free yogurt, plain
- 4 dried apricots
- 4 dried figs or dates
- ¼ cup pecans
- 8 stalks celery

DIRECTIONS:

1. Chop dried fruit and pecans.
2. Mix with fork or hand mixer; mix blue cheese, cream cheese, and yogurt until smooth.
3. Stir in chopped dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.

Tips on how to select and store:

- Choose straight, rigid celery stalks with fresh leaves. Avoid pithy, woody, or limp stalks.
- Refrigerate in a plastic bag for a week or more.
- Add chopped celery stalks and celery leaves to your soups, stews, and casseroles for extra nutrition, flavor, and crunch.
- Add diced celery to your favorite tuna, chicken, egg, or vegetable salad recipe for extra texture.
- Cut-up celery as a flavorful addition to healthy stir-fry dishes.



Food Group Amounts	
Dairy	1/4 cup
Fruits	1/4 cup
Vegetables	1 cup
Grains	--
Protein	1/2 oz

Nutrition Facts

Serving Size 150 g

Amount Per Serving

Calories	140	Calories from Fat	50
% Daily Value			
Total Fat	6g	9%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Cholesterol	5mg	2%	
Sodium	220mg	9%	
Total Carbohydrate	16g	5%	
Dietary Fiber	3g	12%	
Sugars	12g		
Protein	6g		
Vitamin A	20%	•	Vitamin C 6%
Calcium	20%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Recipe Submitted by Produce For Better Health Foundation



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